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Learn how to stand up to stress and how to see it as an opportunity for personal growth and development and not a threat.

What is Stress Management Training?

Through discussion and participation, this Stress Management training course encourages delegates to recognise if they may be experiencing stress in their own working environment. This training course practices techniques that defuse the potentially debilitating effect of stress. The aim of this training course is to tackle stress from a positive standpoint and to better utilise its positive aspects in the workplace. Tackling stress in a working environment leads to more efficient workers who are able to achieve their maximum potential.

Who is Stress Management Training intended for?

This Stress Management training course is for anyone encountering pressure in the working environment and who would like to feel better equipped to handle it. This training course is suited to those who have trouble dealing with stress. This may include:

- Managers
- Directors
- Employees

What is Stress?

- The Effect of Stress on Physical Health and Well-being
- How much Stress is too much Stress?
- Where does Stress Come from?
- What are the Common Signs of Stress?
- What Type of People are more Prone to Stress?
- What can Management do to Minimise Stress at Work?

How Can we Manage Stress Better?

- Become aware of your stressors, and your emotional and physical reactions to them
- Recognise what you can change
- Reduce your emotional reactions to stress
- Learn to moderate your physical reactions to stress
- Build your physical reserves

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Other Strategies for Managing Stress

- Time Management
- Communicating Effectively
- Relaxation
- Breathing Exercises
- Guided relaxation and visualisation techniques
- Progressive muscle relaxation
- Immediate stress reduction
- Meditation
- Relaxation therapy
- Problem solving
- Getting Inner Balance
- Modify your behaviour
- Handle your anger
- Think positively
- Learn to say “No”